



HIV and Sexual Assault

What is HIV?

- HIV (Human Immunodeficiency Virus) is the virus that causes (AIDS) Acquired Immunodeficiency Syndrome
- Decreases the body's ability to fight infections
- There is no cure. Treatment for HIV includes taking multiple medications daily for the rest of the person's life

How is HIV spread?



- Blood
 - Cuts or wounds on the skin
 - Sharing needs when using drugs



- Bodily fluids
 - Semen (cum or ejaculate)
 - Vaginal fluids
 - Sexual contact (anal, vaginal, oral)

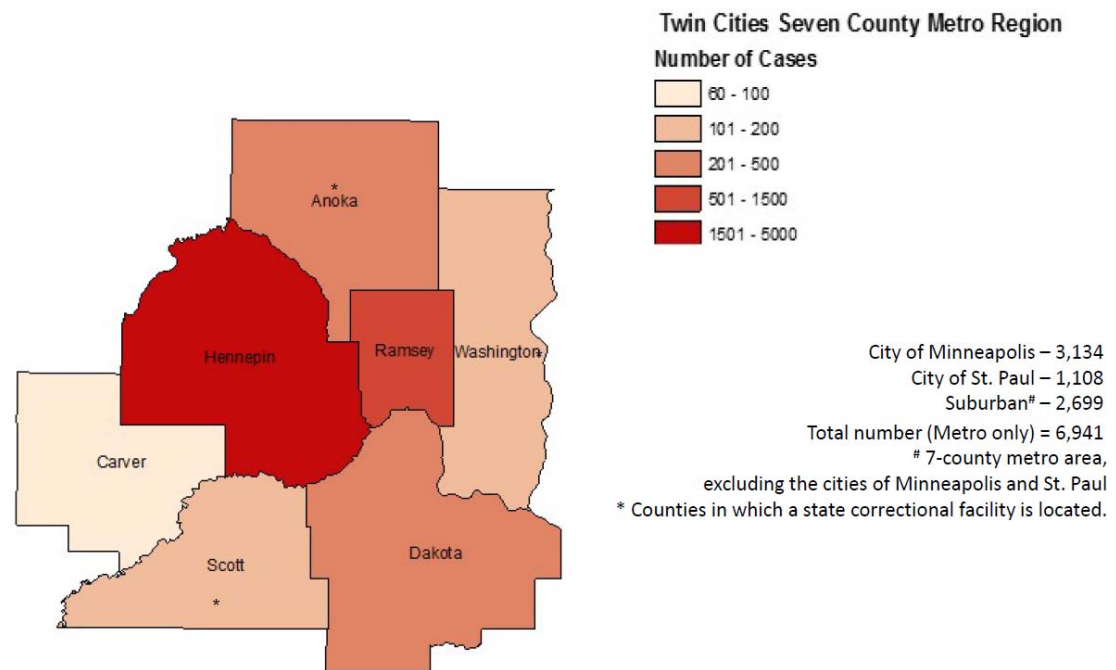
- HIV is NOT spread by
 - Touching somebody with HIV
 - Kissing somebody with HIV
 - Objects: toilet seats, silverware



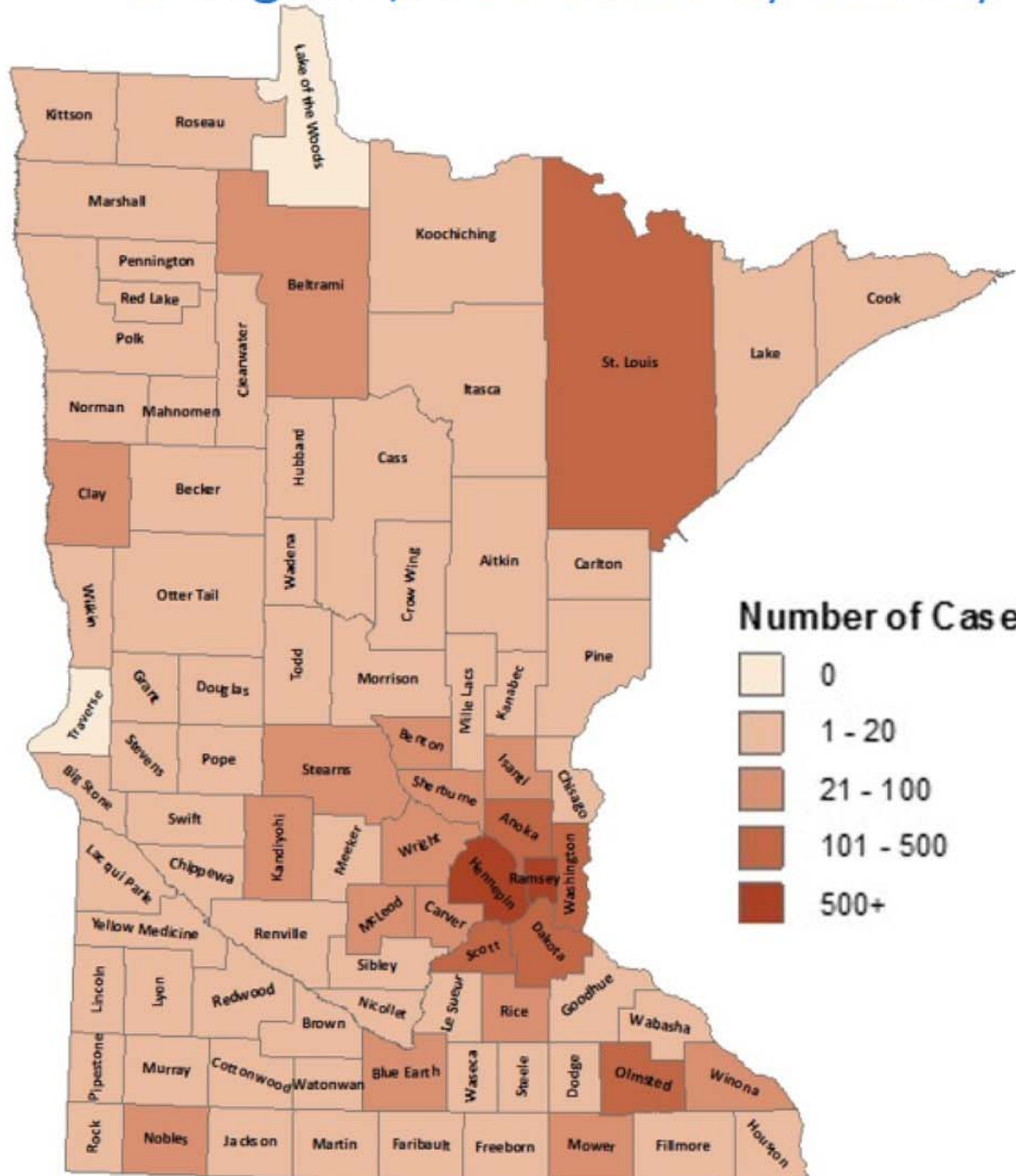
Who has HIV?

In MN there are over 8,554 people with HIV/AIDS (2016)

- 1 in 5 people with HIV do not know they have HIV/AIDS
- 50% of people in MN with HIV live in the metro area
- Ethnicities with highest rates of HIV
 - African-born
 - African American
 - Hispanic
 - White



Living HIV/AIDS Cases by County of Residence, 2016



City of Minneapolis – 3,134
 City of St. Paul – 1,108
 Suburban[#] – 2,699
 Greater Minnesota – 1,598
 Total number = 8,554
 (15 people missing residence information)
[#] 7-county metro area, excluding the cities of Minneapolis and St. Paul

HIV and Sexual Assault

You are at an increased risk of HIV if your assailant is:

- A man who has sex with men
- Injecting drug user
- Is somebody who pays or gets paid for sex
- Someone with a history of STI/STD (sexually transmitted infections)

| Type of Exposure | Estimated Risk |
|--|------------------------------------|
| Anal intercourse (sex) | 0.5% to 3.0% (1/200 to 6/200) |
| Vaginal intercourse | 0.1% to 0.2% (1/1000 to 2/1000) |
| Oral intercourse (his penis inserted into mouth) | 0.01% (1/10,000) |

What can I do to lower my risk of getting HIV?

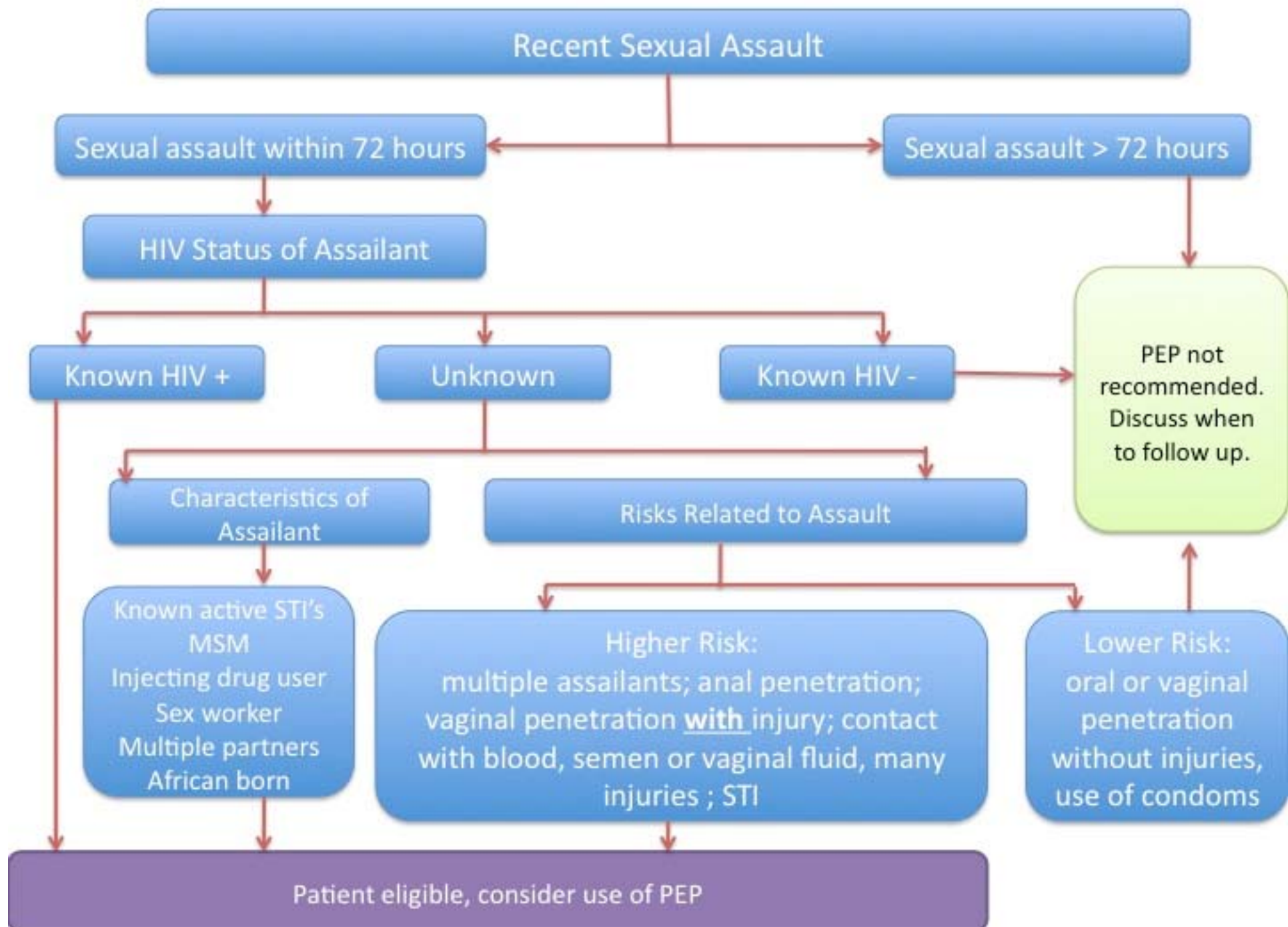
- PEP (post-exposure prophylaxis) is a combination of medications that are used to help prevent HIV infection after possible exposure
- Get follow-up HIV tests as your nurse suggests
- Practice safer sex until you know you are not HIV positive



About PEP

- Medications are taken for 28 days
- You should start meds less than 72 hours after event, sooner is better
- It is very important that you take all the medications and follow up as instructed
- Common side effects:
 - Nausea/vomiting
 - Stomach pain
 - Headache
 - Weight loss
 - Tiredness/sleeping disturbances





What can I do now if I decide to take medications to reduce risk of HIV?

- Take all the medications
- You will be getting 28 days of medications today. Make an appointment to follow up in 1 or 2 days for lab work.
- Let your doctor know if you are having a hard time taking the medications. These medications are usually well tolerated.
- Protect yourself: good diet, good hygiene, tell your partner, practice safe sex



- Repeat HIV testing at 6 weeks, 3 months,

What questions do you have about HIV and medications to prevent it?



References:

- (1) Minnesota Department of Health HIV/AIDS Prevalence and Mortality Report 2016.
<http://www.health.state.mn.us/divs/idepc/diseases/hiv/stats/2016/prevreport2016.pdf> .
- (2) CDC HIV/AIDS
<https://www.cdc.gov/hiv/default.html>
- (3) Updated Guidelines for Antiretroviral postexposure prophylaxis after sexual, injection-drug use, or other nonoccupational exposure to HIV-United States,2016
<https://www.cdc.gov/hiv/pdf/programresources/cdc-hiv-npep-guidelines.pdf> .